

12
REPORT

ON THE



ROYAL LUNATIC ASYLUM
OF MONTROSE,

FOR

1865.

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INSTITUTED 1782  
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MONTROSE:

PRINTED BY G. WALKER, 15 HIGH STREET.

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1865.



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LIST OF DIRECTORS.

JUNE, 1865.

-
- The PROVOST and ELDEST BAILIE of MONTROSE.
The FIRST and SECOND MINISTERS of the PARISH of MONTROSE.
- 5 PATRICK ARKLEY, Esq. of Dunninald.
W. MACDONALD MACDONALD, Esq. of Rossie.
The Right Hon. the EARL of SOUTHESK.
Sir JAMES CAMPBELL of Stracathro.
ALEXANDER PORTEOUS, Esq. of Lauriston.
- 10 THOMAS RENNY TAILYOUR, Esq. of Borrowfield.
JOHN DUNCAN, Esq. of Sunnyside and Parkhill.
DAVID LYALL, Esq. of Gallery.
THOMAS MACPHERSON GRANT, Esq. of Craigo.
HERCULES SCOTT, Esq. of Brotherton.
- 15 JAMES FITZMAURICE SCOTT, Esq. of Commieston.
The Rev. ROBERT MITCHELL, Minister, Craig.
- | | | | | |
|----|---|-------------------|-----|----------------------------|
| | „ | THOMAS MACINTOSH, | do. | St. Cyrus. |
| | „ | JAMES HAY, | do. | Lunan. |
| | „ | WILLIAM REID, | do. | Maryton. |
| 20 | „ | ARCH. BUCHANAN, | do. | Logie Pert. |
| | „ | WILLIAM NIXON, | do. | Free St. John's, Montrose. |
| | „ | PATRICK CUSHNIE, | do. | St. Mary's Chapel, do. |
| | „ | JOHN LISTER, | do. | Free St. George's, do. |
| | „ | J. A. SELLAR, | do. | St. Mary's Chapel, do. |
| 25 | „ | JOSHUA R. JAGOE, | do. | St. Peter's, do. |
- Messrs WILLIAM JAMESON, Montrosè.
ARCHIBALD FOOTE, do.
Captain ARCHD. MACNEILL, do.
Messrs ROBERT BURNES, do.
- | | | |
|----|---------------------|-----|
| 30 | DAVID MACKIE, | do. |
| | DAVID WALKER, | do. |
| | THOMAS BARCLAY, | do. |
| | ROBERT WALKER, | do. |
| | JAMES SMITH, R.N., | do. |
| 35 | JAMES M. PATON, | do. |
| | FRANCIS B. PATON, | do. |
| | ROBERT SMART, | do. |
| | THOMAS NAPIER, | do. |
| | C. H. MILLAR, | do. |
| 40 | DAVID MITCHELL, | do. |
| | CHARLES BIRNIE, | do. |
| | FRANCIS ABERDEIN, | do. |
| | ROBERT COOKE, | do. |
| | JOHN GUTHRIE, | do. |
| 45 | JAMES SAVEGE, | do. |
| | GEORGE C. MYERS, | do. |
| | THOMAS B. PATON, | do. |
| | DAVID K. MIDDLETON, | do. |
| | ROBERT HECTOR, | do. |
| 50 | EDWARD MILLAR, | do. |

ANNUAL GENERAL MEETING,.....2nd TUESDAY OF JUNE.

MONTHLY MEETING,.....1st TUESDAY OF EACH MONTH.

AT TWELVE O'CLOCK NOON.

HOUSE COMMITTEE OF ASYLUM.

Messrs DAVID MACKIE.
DAVID WALKER.
JOHN GUTHRIE.
FRANCIS B. PATON.
ROBERT HECTOR.

MR. WALKER, *Convener.*

LIST OF ASYLUM OFFICERS.

JAMES C. HOWDEN, M.D.....*General Medical Superintendent.*
ADAM ADDISON, L.R.C.P. & S.....*Resident Medical Officer.*
DAVID JOHNSTON, M.D.....*Consulting Physician.*
REV. WILLIAM MORTIMER, M.A..*Chaplain.*
JAMES NIDDRIE,.....*Steward.*
MRS. WRIGHT.....*Housekeeper.*
MISS BURNES.....*Head Female Attendant.*
MISS ROBERTS.....*Matron of Old House.*
JAMES WATSON.....*Head Male Attendant.*

GEORGE C. CHALMERS, Banker,
TREASURER.

ADAM BURNES
SECRETARY.

BALANCE ACCOUNT

OF THE

MONTROSE ROYAL LUNATIC ASYLUM.

Drs.

Seats in Parish Church,	-	-	£	29	10	0
Outstanding Boards,	-	-		253	16	1
Old Asylum Buildings and Furniture,	-			2390	15	7
New Asylum, Sunnyside,	-	-		27,513	7	5
Do., Furniture, Account,	-			2558	15	0
Carriages and Horses,	-	-	-	78	0	0
Superintendent's House,	-	-	-	1218	19	0
The Brechin Gas Company,	-	-	-	160	0	0
Household Expenses for Stock on hand,				495	10	3
Clothing Do.,	-	-	-	310	8	6
Farm Account for Stock,	-	-	-	496	0	0
Balance of Cash,	-	-	-	10	10	1
						<u>£35,515 11 11</u>

Crs.

Sundry Bond Holders,	-	-	-	£12400	0	0
The National Bank of Scotland,	-			7301	4	7
Patients' Work and Recreation Fund,				220	0	0
Stock,	-	-	-	15594	7	4
						<u>£35,515 11 11</u>

ASYLUM.

REVENUE,	-	-	-	-	-	£11,114 18 7
EXPENDITURE,	-	-	-	-	-	11213 10 5
						<u>£98 11 10</u>
Balance, loss,	-	-	-	-		

ROYAL LUNATIC ASYLUM.

REPORT OF THE HOUSE COMMITTEE.

THE chief point the Committee have this year to bring under the notice of the Board, is the great decrease in the number of patients since last report. At the beginning of the year, the number of patients was 489, and it is now 421 only, showing a decrease on the year of 68. The decrease was foreseen, and is owing to the transfer of patients to newly opened Asylums and Lunacy Wards in connection with their own districts. A further withdrawal of patients is immediately expected, in consequence of the opening of the Dundee Poors' House Lunacy Wards, and at a later period from the opening of the Fifeshire District Asylum. The patients are at present distributed as follows, viz. :—

361 at Sunnyside,
60 in Montrose.

421

The engagement with Dr. Fairless having terminated, there is now no resident Medical Officer in the Old House, nor in the present state and prospects of the House, is it proposed to make any new appointment. It has been arranged that Dr. Howden will see all the inmates daily ; and as with reference to this arrangement, a careful selection of the patients to be left in the House has been made ; and as they are comparatively few in number, with the prospect of being immediately still farther reduced, it is expected that this arrangement will prove satisfactory and sufficient for the purpose. In case of

emergency, the services of Dr. Johnston, the consulting physician to the Institution, can be procured.

The painting and papering of the Asylum at Sunnyside, have, during the year, been completed. A sun-shade has been erected in the principal female airing-ground; and a contract has lately been entered into for the erection of a new chimney stalk. This latter was necessary, from the insufficiency of the present one, and from its having, on inspection, been found to be in a very unsafe condition—the stalk, though still quite perpendicular, having travelled several inches along its base in a very remarkable way.

The farm continues to afford full occupation for all patients capable of any kind of out-door employment; and with the exception of a very short period when the quantity had to be supplemented, it has wholly supplied the Sunnyside Establishment with milk from the cows kept on it. The average number of cows kept throughout the year has been rather under 14, and they have supplied a total quantity of 10,870 gallons milk, of the value at an estimated contract price of 10d. per gallon of £452 18s. 4d.

The Committee desire to notice the severance of Dr. Fairless's connection with the Asylum, after a duration of about seven years. Dr. Fairless, on the Sunnyside Asylum being opened, was appointed resident Medical Officer of, and under Dr. Howden, to the charge of the Old Asylum, which, since then, he has conducted with entire satisfaction to the Committee, and they willingly bear testimony to the ability and zeal with which he has discharged the duties of his office.

The Committee have continued their weekly visits to Sunnyside during the year, and they have again to report favourably on the condition of the House, and to express their general satisfaction with the staff and officers. The minutes of official inspection by the Medical Members of the Lunacy Board, though suggesting improvements involving additional outlay, have also continued of a favourable character.

The Committee beg to return their grateful thanks for the following entertainments kindly given in the Asylum in the course of last year:—To the Harmonic Union for two concerts, the Choir of the Old Church a concert, the Musical Association for a concert, the Militia Band for an open-air concert, and to various benevolent ladies for contributions to the amusement fund, and other kindnesses shown to the patients.

(Signed)

DAVID WALKER, *Convener.*

MEDICAL SUPERINTENDENT'S REPORT.

FOR THE YEAR 1864-65.

SINCE I had the honour of presenting my last Annual Report, a considerable diminution has taken place in the number of inmates. On 31st May, 1864, there were 489 between the two Houses, this year there are but 421. To a certain extent this result was expected, as a consequence of the opening of the New District Asylums of Perth, Inverness, and Banff. The decrease is, however, also owing partly to the number of admissions from our own district being much below the average. Thus in 1859--60, there were admitted from the Counties of Forfar and Kincardine 85 patients; in 1860--61, 100; in 1861--62, 122; in 1862--63, 83; in 1863--64, 84; and last year only 58. It would be very gratifying if this change was an index of the decrease of insanity, and no doubt the continued tranquility and prosperity of the county must have a certain influence on the mental health of the people; but the fact that additional Asylum accommodation has been erected in connection with Dundee Poors' Houses, must be looked to as the main cause of the decrease. Caithness and Shetland continue to send patients to the Montrose Asylum, and it is a matter worth the consideration of the Directors, whether a permanent agreement could not be entered into with these counties for the reception of the whole of their insane poor.

The average number of inmates daily resident in 1863--64 was 532—this year it was 457. The New Asylum has been always kept nearly full, so that the changes have affected the population of the Old House mainly, where, on 31st May, there were only 60 patients, mostly of the imbecile class.

Of the admissions during the year, 50 were considered capable of cure, and 39 incurable; 18 were in good bodily health, 36 fair, 35 feeble and emaciated, and 1 was moribund. This last was a man brought from the Shetland Isles, and such was his condition, that it was a question at first whether he could be removed alive from the cab. He was in a state of extreme exhaustion, and it was stated that he had taken no food, and had suffered from obstruction of the bowels for fourteen days previously. He died six days after admission.

In accordance with a practice I adopted two years since, a careful examination has been made of patients on admission, with the view of ascertaining as nearly as possible, the exact condition of the various organs of the body. It is not of course pretended that the result of these examinations is absolutely correct, and much, no doubt, has escaped observation; but of the 90 patients admitted during the year, 25 were ascertained to be labouring under some physical disease, six had paralysis, 3 epilepsy, and 9 phthisis. Two women were in a state of pregnancy, one of whom laboured under albuminuria, and presented those curious delusions of mistaken identity to which I have alluded in former reports, as frequent accompaniments of the mania of pregnant females.

Two patients were admitted whose names could not be satisfactorily ascertained. The first was an Irish sailor lad, who was found wandering in a state of insanity in one of our northern seaports. When asked his name, he seldom twice in succession gave the same one. The inspector and certifying medical men made a choice of one, and the Sheriff granted an order for his removal to the Asylum, where, however, after his partial recovery, it was found that he was detained under a wrong designation. The other was also a wanderer, found in a neighbouring parish. In the medical certificate he was designated as "a person unknown;" he either could not or would not tell his name. I did not feel myself justified in receiving him without some more definite appellation. The police constable who had been in charge of him had heard him use one name in particular as of a third party, and this we agreed to enter on chance on the schedule as his own. It turned out to be the correct one, and the difficulty in getting it at first was no doubt in a measure owing to the fact that he was a foreigner, and could neither speak nor understand English very well. One patient was, after a short detention, dismissed, as feigning insanity.

In some cases of organic brain disease, curious mental conditions have been observed. One man who showed a tolerably rational sequence of ideas in conversation, could not tell the relationship between himself and his sister's father, and though he could go over the names of all his children, he could not tell the number of them. A man who, besides labouring under brain disease, was stone blind, fancied that he could see, and employed himself mainly in picking imaginary vermin off his body—declaring that he felt them coming out of his flesh, and that his brain was full of them. At certain periods of excitement, new fancies would take

possession of him, and on one of these occasions, he maintained firmly that all the inhabitants of Montrose had become suddenly blind and lame. Another patient suffering from general paralysis, can go to heaven and back in ten minutes—he always travels by Perth; the world is his, he has mines of gold, thousands of beautiful wives, he can paint, speak any known and many unknown languages, and revels in the consciousness of his enormous wealth and power. In another case, the only cause of vexation at his detention in the Asylum is, that he has engaged a number of workmen to erect at Kirriemuir the largest spinning mill in the world. A third, though the whole universe belongs to him, is not satisfied with his possessions, but occupies himself from morning to night in making money, by rubbing his hand back and forward on the window sill, until the cuticle of his palm has become thickened and indurated. He asserts that by this process he coins gold pieces at the rate of £500,000,000 a second; and as he has 500 people employed in different parts of the world in the same way, it will be apparent that the annual mintage is something considerable.

The proportion of recoveries to the admissions is large this year, being as 47.77 to every hundred. This ratio is higher than usual, because the admissions are fewer; and a large proportion of recoveries took place of course in cases admitted last year. It is gratifying to note, that the list includes several cases of long standing. Twelve had been nearly two years, one three, one five, and one six years resident in the Asylum. On the other hand, two men recovered under two months, and a man and two women under three months.

It will be observed that eighty-one patients were removed uncured. The majority of these were transferred to the New District Asylums of Perth, Inverness, and Banff.

I have discharged sixteen patients on trial during the year, with the following results:—six have entirely recovered, two were ultimately discharged as improved, four were brought back again in a worse state than when they were removed, and four still remain on probation.

The mortality has been lower during the past twelve months, than on any previous year since the opening of the New Asylum. When estimated on the daily average number of inmates, it is 7.87 per cent., and on the total number treated 6 per cent. Twelve of the deaths were caused by disease of the brain, twelve by pulmonary consumption, and five by pneumonia. As in the preced-

ing year, a good many cases of pneumonia occurred in February and March—notwithstanding that every means was used to keep up the temperature of the House, both by day and night during the cold weather. Fourteen of the deaths occurred in persons between 50 and 60 years of age, four between 70 and 80, and one between 80 and 90. Twenty-five per cent. of those who died had been less than six months in the Asylum, and 66 per cent. more than a year.

The farm continues to be of incalculable benefit as a means of employment to the patients. The more experience I have in the treatment of the insane, the more I feel satisfied, that manual labour, especially out-door labour, is a *sine qua non*, and that it should be provided for the incurable and curable alike, on economic as well as hygienic grounds.

As formerly, every effort has been made to afford amusements to the patients. In summer, pic-nics, walking and sea-bathing parties, cricket, croquet, and other out-door games were the chief recreations; and during the winter, few evenings passed without reunions of some sort. In the regular routine we have a class for dancing on Monday, which is attended by 35 men and 40 women; on Wednesday, a ball, attended by upwards of a hundred of each sex; a class for the practice of sacred music every Friday, attended by 30 men and 40 women. The intervening evenings, as far as possible, have been filled up by concerts, dramatic entertainments, exhibitions of magic lantern and dissolving views, evening parties, and so forth. I have drawn up a list of the amusements, &c., in a tabular form, showing the extent to which the inmates have been engaged in them. Our dramatic efforts have been somewhat more ambitious than formerly, and included "The Porter's Knot," "To oblige Benson," "Box and Cox Married," "The Lady of Lyons," and the Christmas Pantomime, "Puss in Boots." The object held in view in these amusements is to keep up a system of distraction, which will divert the perverted mind out of its morbid channel, and rouse the weak to higher mental efforts. Military drill has been practiced among a limited number of men, and might undoubtedly be tried on a more extensive scale, did it not interfere with more important occupations.

During the past year, Miss Ross was appointed Matron to the Inverness District Asylum, and her place is now filled by Miss Roberts. This is the fourth occasion within a few years on which the ranks of our female attendants have supplied useful and efficient officers.

I have to record my appreciation of the services of the staff of

officers and servants under my direction ; and my gratitude to the House Committee for their unvarying support in all matters tending to promote the welfare of the establishment and its inmates.

JAMES C. HOWDEN.

TABLES.

Table I.—Shewing the General Results of the Year.

	Males.	Females.	Total.
In Asylum at 31st May, 1864,	207	282	489
On Trial at 31st May, 1864,	3	3	6
Admitted,	36	54	90
Total under Treatment during the year, 246	...	339	585
Discharged and Died—			
	Males.	Females.	Total.
Recovered,.....	18	25	43
Improved,	6	13	19
Uncured,	20	42	62
On Trial,	3	1	4
Died,	19	17	36
Total Discharged & Died, ...	66	98	164
Total remaining on 31st May, 1865, ...	180	241	421
Of whom are in New Asylum, ...	168	193	361
Old Asylum, ...	12	48	60

Table II.—Shewing Daily Average number Resident, for each Month and for the Year.

	Males.	Females.	Total.
June, 1864	203.299	277.332	480.631
July, "	195.838	275.644	471.482
August, "	193.257	271.838	465.095
September, "	189.833	270.199	460.032
October, "	190.903	262.032	452.935
November, "	197.500	265.899	463.399
December, "	189.993	267.838	457.831
January, 1865	186.741	260.708	447.449
February, "	185.391	262.650	448.041
March, "	192.221	260.516	452.737
April, "	187.700	261.266	448.966
May, "	184.395	256.515	440.910
For the whole Year,	191.422	266.036	457.459

Table V.—Shewing the numbers, Curable and Incurable, of Patients admitted.

	Males.	Females.	Total.
Curable,	20	30	50
Incurable,	16	24	39
	36	54	90

Table III.—Shewing condition as to Marriage.

					Males.		Females.		Total.
I. Single,	12	...	28	...	40
II. Married,	20	...	18	...	38
III. Widowed,	4	...	8	...	12
					—		—		—
					36	...	54	...	90

Table IV.—Shewing the period of Residence of those Recovered and those dead.

					RECOVERED.			DEAD.			
					M.	F.	T.	M.	F.	T.	
Under 4 weeks	0	0	0	...	2	0	2
„ 2 months	2	0	2	...	2	1	3
„ 3 „	1	2	3	...	0	0	0
„ 4 „	3	4	7	...	1	0	1
„ 5 „	0	2	2	...	1	2	3
„ 6 „	0	1	1	...	0	0	0
„ 7 „	2	2	4	...	1	0	1
„ 8 „	0	5	5	...	0	1	1
„ 9 „	1	2	3	...	0	1	1
„ 12 „	2	2	4	...	0	0	0
„ 2 years	5	4	9	...	4	1	5
„ 3 „	1	0	1	...	1	2	3
„ 4 „	0	0	0	...	2	3	5
„ 5 „	1	0	1	...	2	2	4
„ 6 „	0	1	1	...	1	3	4
„ 7 „	0	0	0	...	2	0	2
„ 8 „	0	0	0	...	0	0	0
„ 9 „	0	0	0	...	0	1	1
„ 10 „	0	0	0	...	0	0	0
„ 14 „	0	0	0	...	0	0	0
„ 17 „	0	0	0	...	0	0	0
„ 29 „	0	0	0	...	0	0	0
					—	—	—	...	—	—	—
					18	25	43	...	19	17	36

Table VI.—Shewing the Counties to which those admitted belong.

Ayr,	1	Kincardine,	.	.	.	9
Aberdeen,	2	Nairn,	.	.	.	3
Banff,	5	Orkney and Shetland,	.	.	.	4
Caithness,	6	Perth,	.	.	.	1
Clackmannan,	2	Stirling,	.	.	.	1
Fife,	7					—
Forfar,	49					90

Table VII.—Shewing the Ages of those Admitted and Dead.

	ADMITTED.				DEAD.		
	M.	F.	Total.		M.	F.	Total.
Under 20 years	2	4	6	...	0	0	0
From 20 to 30 years,	5	10	15	...	1	2	3
„ 30 to 40 „	9	12	20	...	7	1	8
„ 40 to 50 „	7	10	17	...	0	2	2
„ 50 to 60 „	7	10	17	...	7	7	14
„ 60 to 70 „	5	6	11	...	2	2	4
„ 70 to 80 „	1	2	3	...	2	2	4
„ 80 to 90 „	0	0	0	...	0	1	1
	36	54	90	...	19	17	36

Table VIII.—Shewing the Causes of Death.

	Males.		Females.	Total.
1. Apoplexy,	0	...	1	1
2. Serous Apoplexy,	0	...	1	1
3. Paralysis,	2	...	1	3
4. General Paralysis	4	...	1	5
5. Disease of Brain,	1	...	0	1
6. Maniacal Exhaustion,	1	...	0	1
7. Phthisis,	5	...	7	12
8. Bronchitis,	1	...	1	2
9. Pneumonia,	5	...	0	5
10. Organic Disease of Liver,	0	...	1	1
11. Gastric Fever,	0	...	1	1
12. Peritoneal Cancer,	0	...	1	1
13. Cancer, uteri,	0	...	1	1
14. Senile Decay,	0	...	1	1
	19	...	17	36

Table IX.—Shewing Discharges on Trial and Results, from May 31, 1864, to May 31, 1865.

	Males.		Females.	Total.
Discharged on Trial,	10	...	6	16
Recovered,	4	...	2	6
Improved,	0	...	2	2
Re-admitted,	3	...	1	4
Still on Trial,	3	...	1	4
	20	...	12	32

Table X.—*Shewing Bodily Condition and Diseases of those admitted.*

					Males.		Females.		Total.	
Good,	-	-	-	-	-	11	...	7	...	18
Fair,	-	-	-	-	-	12	...	24	...	36
Feeble and Emaciated,	-	-	-	-	-	12	..	23	...	35
Moribund,	-	-	-	-	-	1	...	0	...	1
						<hr/>		<hr/>		<hr/>
						36	...	54	...	90
Pregnant,	-	-	-	-	-	-	-	2		
DISEASES.										
Paralysis,	-	-	-	-	-	0	...	1	...	1
General Paralysis,	-	-	-	-	-	5	...	0	...	5
Epilepsy,	-	-	-	-	-	1	...	2	...	3
Phthisis,	-	-	-	-	-	5	...	4	...	9
Bronchitis,	-	-	-	-	-	0	...	2	...	2
Pulmonary Emphysema,	-	-	-	-	-	0	...	1	...	1
Cardiac Disease,	-	-	-	-	-	0	...	1	...	1
Albuminuria (in pregnancy)	-	-	-	-	-	0	...	1	...	1
Scabies,	-	-	-	-	-	1	...	0	...	1
Anemia,	-	-	-	-	-	1	...	0	...	1
						<hr/>		<hr/>		<hr/>
						13	...	12	...	25

Table XI.—*Shewing the usual attendance of Patients at Divine Service Classes for Instruction, Amusements, &c.*

				Usual Attendance.			
				M.	F.	T.	
Divine Service twice on Sabbath, -	-	-	-	106 ...	124 ...	230	
Do. in Village Church, -	-	-	-	5 ...	8 ...	13	
Bible Class on Sabbath. -	-	-	-	19 ...	32 ...	51	
Class for Reading, Writing, Arithmetic, &c., twice a week, -	-	-	-	8 ...	13 ...	21	
Class for Sacred Music, weekly, -	-	-	-	30 ...	42 ...	72	
Class for Dancing, weekly, -	-	-	-	37 ...	40 ...	77	
Military Drill, twice-a-week, -	-	-	-	24 ...	— ...	24	
Ball, weekly, -	-	-	-	100 ...	106 ...	206	
Cricket, thrice-a-week (in summer), -	-	-	-	35 ...	— ...	35	
Croquet Parties, thrice-a-week, -	-	-	-	6 ...	6 ...	12	
Lectures in Asylum, -	-	-	-	98 ..	80 ...	178	
Do. in Montrose, -	-	-	-	6 ...	— ...	6	
Readings in Asylum, -	-	-	-	107 ...	76 ...	183	
Concerts in Asylum, -	-	-	-	109 ...	90 ...	199	
Do. in Montrose, -	-	-	-	6 ...	6 ...	12	
Dramatic Entertainments in Asylum, -	-	-	-	109 ...	112 ...	221	
Musical Promenades, -	-	-	-	125 ...	96 ...	221	
Pic-Nics, -	-	-	-	15 ...	15 ...	30	
Exhibitions of Ventriloquism, &c., in Asylum, -	-	-	-	97 ...	76 ...	173	
Do. Dissolving Views in Asylum, -	-	-	-	98 ...	96 ...	194	
Christmas Tree in Asylum, -	-	-	-	108 ...	114 ...	222	
Evening Parties in Asylum, -	-	-	-	20 ...	15 ...	35	